

DEPARTMENT OF PUBLIC HEALTH



COUNTY OF SAN BERNARDINO

COMMUNICABLE DISEASE SECTION

799 E. Rialto Avenue, San Bernardino, CA. 92415-0011

IMMUNIZATION PROGRAM 1-800-722-4794.....Fax (909) 386-8325

TUBERCULOSIS CONTROL 1-800-722-4794.....Fax (909) 387-2861

EPIDEMIOLOGY 1-800-722-4794.....Fax (909) 386-8325

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FOR IMMEDIATE RELEASE

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PSA #10-65

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It's Up to You to Fight the Flu!

San Bernardino. This year the seasonal flu shot can protect you, your family, and the community from influenza and the H1N1 virus. The County of San Bernardino Department of Public Health will sponsor low cost seasonal flu clinics throughout the County beginning September 2010. The flu is a contagious respiratory illness caused by influenza viruses. Symptoms can range from mild to severe and can lead to hospitalization and even death. Get your flu vaccine today to protect yourself, family, coworkers, and others in the community from getting ill.

A seasonal flu shot is now universally recommended for:

- All persons aged 6 months and older ***New 2010-2011 Recommendation***

A seasonal flu shot is especially recommended for these high risk groups:

- Infants and children age 6 months up to their 19th birthday
- People 50 years of age and older
- People of any age with chronic medical conditions
- Pregnant women
- People who live in nursing homes and long-term care facilities
- Home caregivers and health care workers

Practice good hygiene to prevent the spread of illness:

- Cover your mouth with a tissue when you cough or sneeze, and throw the tissue in the trash after use.
- Wash your hands often with soap and water, especially after a cough or sneeze. Alcohol-based hand sanitizers may be used if soap and water are not available.
- Avoid close contact with sick people.
- Avoid touching your eyes, nose and/or mouth since these are openings for germs to enter the body.
- Stay home from work or school if you get sick and limit contact with others to keep from infecting them.

For information about community clinic locations and times, please visit the County of San Bernardino Department of Public Health website at www.sbcounty.gov/dph, or call the Immunization Program at 1-800-722-4794, Monday through Friday, from 8 a.m. to 5 p.m. to find a location near you.

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County Administrative Officer

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